

## NO-NO LIST

The following is a list of foods and drinks that you should avoid during your orthodontic treatment, as well as suggestions of things that you can enjoy (following our guidelines may help reduce risk of cavities and decalcification that cause white spots on your teeth).

### FOODS: (Bad)

Crunchy Peanut Butter  
Gummy Bears & Worms  
Gum  
Twizzlers  
Anything w/Nuts  
Laffy Taffy  
Jolly Ranchers  
Jaw Breakers  
Pepperoni Sticks & Beef Jerky  
Pizza Crust & Bagels  
Ribs  
Chicken on the bone  
Soft and Hard Pretzels  
Hard Tacos  
Chips (Fritos, Doritos, Tostitos, Nachos, etc.)  
Corn on the Cob  
Popcorn  
Sticky candy such as Caramels, Starburst, Tootsie Rolls, JuJu Bees, etc.  
Candy Bars such as Snickers, Butterfingers, Twix, Milky Way, Heathbars, etc.

### FOODS: (Good)

Mashed Potatoes  
Bananas & Applesauce  
Eggs  
Pudding, Ice Cream, & Milk shakes  
Macaroni & Cheese  
Soup  
Oatmeal, Grits & Spaghetti  
Jello & Yogurt  
Creamy Peanut Butter & Jelly

### DRINKS: (Bad)

Sodas that contain sugars and acids  
Diet drinks that contain acid w/carbonation  
Sugar Drinks  
Citrus Drinks such as Orange & Apple Juice, fruit juices (acids)  
Fitness Waters such as Gatorade & Propel (sugars)  
Mountain dew, Coke, Sprite, Pepsi (sugars & acid)

**\*Due to the damage it can cause your teeth, we ask that you avoid drinking soda. If, on occasion, you drink sodas or other acidic drinks, please try to use a straw and rinse your teeth immediately with water, as this will shorten the exposure to your dental enamel. However, Dr. Dann does not recommend that you drink soda's or acidic drink products.**

### DRINKS: (Good)

Water  
Crystal Light  
Iced Tea w/Sweetner (no sugar)  
Non-Carbonated Drinks  
Any drinks w/artificial sweeteners

### **NO PENS, PENCILS, FINGERS, OR ICE SHOULD BE IN YOUR MOUTH!**

Tips: Pull or cut meat off the bone, cut corn off the cob. Fresh fruit, vegetables, Pizza & Pizza crust should be cut into small pieces and chewed on your back teeth. Avoid hard, crunchy cereals (flakey cereals or any that become soggy in milk are best).

Do not use "boil & mold" mouthguards – this could change the position of your teeth. If you need a mouth guard, please let us know, and we'll provide you with one.

**REMEMBER, this is just a guide.** Always use common sense when choosing foods to eat. Breakage makes treatment time longer, and excessive breakage incurs extra fees. If something becomes loose or broken, don't wait till your next appointment – **CALL US RIGHT AWAY!**

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